McLAREN FLINT Flint, MIchigan PULMONARY REHABILITATION

WEIGHT TRAINING

			TE:					
i.		Settings						
	TRICEP EXTENSION	Seat	Weight					
			# of Reps					
		11100						
	ARM CURL	Seat	Weight					
			# of Reps					
	LEG EXTENSION	Front	Weight					
		Seat	# of Reps					
	SEATED LEG CURL	Front	Weight			 		
		Seat	# of Reps					
	LOWER BACK Bend to Front							
		Front	Weight					
		Side	# of Reps					
	LOWER BACK Bend to Back							
		Front	Weight			 		
	Knee	Side	# of Reps					
Exp	LAT ROW	-						
st		Front	Weight			 		
Che		Seat	# of Reps					
Exp	VERTICAL BENCH							
Chest Exp Chest Exp		Front	Weight					
		Seat	# of Reps					
		Letter	Weight					
	Hgt	No.	# of Reps					
	LEG PRESS	Back Rest	Weight					
			# of Reps					



PT.

MR.#/RM.

DR.

McLAREN FLINT Flint, Mlchigan PULMONARY REHABILITATION

WEIGHT TRAINING

	i							
		DA	TE·					
		Settings	16.					
1		Gettings						
	TRICEP EXTENSION	Cont	Wainht					
		Seat	Weight					
			# of Bono					
		Knee	# of Reps					
	ARM CURL							
		Seat	Weight					
			# of Reps					
	LEG EXTENSION							
		Front	Weight					
		- ·	# . f D					
		Seat	# of Reps					
	SEATED LEG CURL	Front	Weight					
			v					
		Seat	# of Reps					
1								
	LOWER BACK Bend to Front							
		Front	Weight				 	
		Side	# of Reps					
	LOWER BACK Bend to Back							
		Front	Weight					
	Knee	Side	# of Reps					
d								
ш	LAT ROW	Front	Weight					
ŝst		FIUIL	weight					
Chest Exp		Sect	# of Reps					
		Seal	# OI IXep3		 			
Chest Exp	VERTICAL BENCH							
št E		Front	Weight					
Set								
Ċ		Seat	# of Reps					
I								
	MULTI HIP	Lottor	Wainht					
		Letter	Weight					
		No	# of Reps					
	Hgt	# or keps		 	l	 		
	LEG PRESS							
		Back Rest	Weight					
			Ť					
			# of Reps					

PT.

MR.#/RM.

DR.